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Early Learning Division for Snohomish County

Welcome to Snohomish County's early learning programs—Early Head Start and ECEAP. Our EHS program serves 82 infants and toddlers and also pregnant mothers in our communities. ECEAP serves almost 1,000 preschool children at 21 different locations.

We hope to develop community for both children and for families. Community activities for children include classroom experiences, socializations, home visits, field trips, and being with friends in preschool. Community building for families includes family nights, parent meetings, and family events. We offer our Health Care Institute, our Oral Health Institute, and parenting discussions where you can meet other parents to learn new skills and exchange ideas about raising children.

Families play a critical role in helping your children be ready for school and for a lifetime of academic success. We look forward to working with you and your child!

Joe Varano, Manager
Early Learning Division

A Message From
Joe Varano

Whooping Cough Epidemic~What you need to know!

Adults ages 19 to 64 years who have not had the Tdap booster yet should get **one dose** of Tdap (tetanus diphtheria and acellular pertussis vaccine), which is not the same as DTaP (diphtheria, tetanus, and acellular pertussis vaccine), series that children under 7 years old receive. It’s especially important for anyone who has close contact with babies younger than 12 months to get a dose of Tdap to help protect the baby from whooping cough. This includes parents, siblings, grandparents, health-care providers and child-care providers.

State Health Officer Dr. Maxine Hayes states, “Many adults don’t realize they need to be vaccinated, or they assume they have been”. “We’re asking everyone to verify with their health-care provider that they’re up to date on vaccines.”
Parent Leadership Institute

Compassion and Parenting

Paul Figueroa is an award-winning inspirational speaker, trainer and facilitator. He was awarded the ‘Governor’s Child Abuse Prevention Award,” nominated for KCTS’ Golden Apple Award, and has shared his expertise on Radio Disney and the Today Show.

Please plan to attend this special parent workshop!

October 24, 2012
9 a.m. to 3:30 p.m.
First Presbyterian Church of Everett
2936 Rockefeller Ave., Everett, WA
(across from the Snohomish County Campus)

For more information or to register, contact your Family Support Worker or Infant Toddler Specialist.
ECEAP celebrates 25 years!

Congratulations to our ‘Caring Community’

**Award Recipients:**
Kathy Kaleb
Peggy King and Jim Baker
Kimberlee Shoecraft
Dr. William Larter
Bunny Walters

Parents, staff and community leaders.
Celebrating the Successes: Where parents matter!

Teresa Booth-current PAC President

Charity Edwards-EHS PAC Chair, Kirk Pearson-Rep. for 39th District, and Charity’s son, Noah, who graciously assisted with set-up. Thank you Noah!

Parents, staff and community members enjoying the celebration.
Parents: Attend a FREE Health Care Institute workshop and receive a book ‘*What to do when your child gets sick*’, information and education about when to call the doctor, checking your child’s temperature, what to do if your child is sick, medication information, child safety, what to do if your child is choking and more!

**Eating fruits and vegetables helps your immune system and provides vitamins that help your body grow and stay healthy.**

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**10 Cancer-Fighting Foods**

<table>
<thead>
<tr>
<th>Allium foods</th>
<th>Garlic, onions, shallots.</th>
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<tbody>
<tr>
<td>Berries</td>
<td>Blackberries, blueberries, strawberries.</td>
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<tr>
<td>Beta-carotene foods</td>
<td>Apricots, carrots, sweet Potatoes.</td>
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<tr>
<td>Citrus</td>
<td>Oranges, grapefruit, Lemons.</td>
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<tr>
<td>Cold-water fish</td>
<td>Salmon, swordfish, tuna</td>
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<tr>
<td>Cruciferous vegetables</td>
<td>Brussell sprouts, broccoli, Cabbage.</td>
</tr>
<tr>
<td>Dark green vegetables</td>
<td>Kale, spinach.</td>
</tr>
<tr>
<td>Fiber-rich foods</td>
<td>Beans, whole grains.</td>
</tr>
<tr>
<td>Lycopene-rich foods</td>
<td>Tomatoes.</td>
</tr>
<tr>
<td>Soy foods</td>
<td>Tofu, soy milk, soy protein.</td>
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**Get moving!**
Take a walk as a family and explore your neighborhood, a city park or hiking trail. Discover the benefits of walking together as a family.

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**Health and Nutrition Spotlight**

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Be a role model for your children. Brush your teeth every day!
Stretching is good for your body. It helps you handle stress, teaches you beneficial breathing techniques and you can do it with your child!

Missing summer? Go to your local community center YMCA for indoor swimming activities, water aerobics, swim lessons and great family fun. Exercise is good for the brain!

Oral Health Institute
Learn about:
- Preventing cavities.
- When to call the dentist.
- How to take care of your baby’s teeth.
- What is a dental emergency and what should I do?

Ask at your ECEAP school about the schedule or ask your Infant Toddler Specialist about participating.

The program is similar to the Health Care Institute.

‘I am Moving-I am Learning’ program will be offered as part of your child’s curriculum. Includes exercise and nutrition activities teaching staff will share with your child.
It is strongly recommended that your child completes a well-child exam before you register him or her for the school year. The purpose of the well-child exam is to prevent illness, to identify problems in their early stages, and to monitor known problems.

Prevention of illness is the ultimate goal of medicine. At well-child exams, we do this by ensuring that children are up to date on their immunizations and by reviewing safety, nutrition and dental care appropriate for age.

Another part of the well-child exam is determining if there are any new problems. This is done by asking questions relating to the child’s health, such as, “Does he have a regular nighttime cough?” We also review development to be sure that the child is not falling behind and ask about interpersonal relationships (How well does she get along with others?). This also is why we measure height, weight, obtain the blood pressure, check vision and hearing, do the physical examination and obtain a blood count and urinalysis. If problems are found, starting treatment early may prevent the problem from progressing. For example, if a child’s blood pressure is found to be elevated, early treatment might be able to prevent the damage from chronic high blood pressure: heart attacks, strokes and kidney damage. Finding delayed speech might lead to speech therapy to help the child catch up before he starts school.

For children who are having known problems it is important to monitor their progress to ensure that they are “staying on track” (progressing as would be expected) and that new problems are not developing.

In summary, the well-child exam can be a very productive visit. Most importantly, it can ensure that the child is on track for growth and development and that if he or she has any problems, they can be identified early and dealt with appropriately so that he or she may have a healthy life, both physically and mentally.

William E. Larter, M.D.
ECEAP Family Advocates secured $16,600.18 for 10 “kin” families!
By Amy Dennis, Kinship Program Coordinator

The Kinship Caregiver Support Program (KCSP) may be of value to you too. What is a “kin” family and what is KCSP all about? The fact remains that some biological or adoptive parents are unable and/or unwilling to serve as the primary caregiver of the child. In some cases the State becomes involved through Child Protective Services, Licensed Foster Care, Child Welfare Services or Family Reconciliation Services. But in most cases, children are being raised by grandparents and other non-parental relatives “outside the system.” If this sounds like your family, know that there are 3,500 families in Snohomish County who share the special challenges and joys of being a kin parent.

Have you noticed that children are expensive? Items such as bedding, clothing, food, school supplies, tutoring, summer camp. There may be supportive services available to help! Although the program is limited in funding, it may offset some of these and other expenses. For more information, contact Amy Dennis, Program Coordinator, at 425-670-8984 ext. 12 or adennis@lcsnw.org.

Or, you may talk with your ECEAP Family Advocate or EHS Infant Toddler Specialist. Speaking of which, my heartfelt thanks to the following Family Advocates:

Kristen Crakes, Hawthorn Elementary ECEAP
Marie Jensen, Marysville ECEAP
Trisha Lowery, Snohomish ECEAP
Sharla Mitchell, Everett ECEAP
Amanda Munoz, Marysville ECEAP
Chelsea Runyon, Marysville ECEAP
Euki Toshima, Silver Lake ECEAP

Are you a Kinship Caregiver? Call now to see if you qualify!
The Owens family has been a part of Early Head Start since we started serving the Sky Valley area in July of 2010. At the time, mom was pregnant with their daughter and the couple had a toddler in the home. The parents both take an active role in playing with their children. In this picture, dad is sitting with his daughter (now 20 months old) as they created a “pine cone” person together. The whole family participated in foraging for pine cones, leaves and sticks for this project.
VOA Cady Road ECEAP and VOA Trailside ECEAP hosted an event for dads and other significant adults to participate in with their children at the end of the school year. Prior to the event, the children all made drums to bring to the event.

The guest presenter was Ray Soriano. Ray is a percussionist and world music fan who has been leading group drumming and facilitating rhythm events for eight years. He engages groups in rhythm games, body percussion, basic hand drumming technique on the West African djembe and other percussion instruments, student empowerment and leadership development, grief work, and team building. He has experience with students of all developmental stages—from babies to elders, students with special needs, and adults who want to regain the art of playing. Sessions are multicultural and honor musical traditions from around the world.

The children and parents had a delightful time drumming together!

Did you miss it?
Make your own drum!

Collect empty coffee can, an oatmeal container or other empty container. Save the lid. This will become the ‘drum’ part.

Using construction paper or paint, help your child to decorate the can or container. Once dry, use a wooden spoon for your drum stick. Have a parade around the house, march around the yard, sing a song.

Enjoy!
LET’S MOVE
By Lindsey Wilson & Monica Avendano

The Arlington site decided to incorporate LET’S MOVE this spring! Through interactive community experiences we increased our families’ physically activity. Families looked forward to participating in the various events which included Jump, Rattle, & Roll, Zumba, Swimming and Exercise Bingo. These high energy events kept everyone MOVING around. At any given moment one of our children would be jumping like a frog while their parents were flying like Superman. The fun didn’t stop there. When we were not bouncing around or dancing to the music; we were relaxing in the swimming pool. Check out some of our photos to get a better picture!

Making a splash!
Here we go!
I can tumble, can you?
In April, Lakewood ECEAP enjoyed a visit from Rep. Norma Smith from the 10th Legislative District. Accepting an invitation that was extended to her by a Lakewood ECEAP parent on Advocacy Day, Rep. Smith visited with the ECEAP staff and the principal of Lakewood Elementary.

While we were so appreciative of her time and sincere interest in our program, the highlight of the visit was definitely having Rep. Smith share a special book she wrote and published for her grandchildren. Our preschoolers were great listeners as she shared the adventures of the “LGM” (little green men) on Whidbey Island!

Thank you, Representative Norma Smith!

The more that you read, the more things you will know. The more that you learn, the more places you’ll go.
~Dr. Seuss

Josephine Sunset Home Highlights

Earlier this year, Sen. Mary Margaret Haugen, from the 10th legislative district, visited Josephine Sunset Home ECEAP in Stanwood. Sen. Haugen’s visit included reading to the children and touring the site. The senator was warmly welcomed by our ECEAP children and staff. We are grateful for her investment with the children in our community and our state.

Thank you, Senator Mary Margaret Haugen!
Parents contribute so much to our programs and we thank you! Parent involvement matters. Research shows that when parents are involved in their children’s education, children are more likely to earn better grades, attend school regularly, have better social skills and be more positive about their attitude toward school. Dad’s matter too! In both two-parent and father-only households where dads are highly involved in their schools, children are more likely to succeed academically, participate in extracurricular activities and enjoy school.

Examples of parent involvement include:
* volunteer to be on the Parent Advisory Council (PAC).
* read with your children in the classroom.
* read with your children at home.
* take home projects to prepare for class activities.
* volunteer to help with family fun nights or parent activities.
* attend play groups or socializations.
* attend parent teacher conferences and home visits.

The best inheritance a parent can give his children is a few minutes of his time each day. ~O.A. Battista
Communication is the building block of all relationships. It is through expressing themselves that children reveal their thoughts, feelings and connect to others.

Use Door Openers: They are invitations to say more, to share ideas and feelings. Door openers tell children that their ideas are important and that they are accepted and respected for what they are saying. Examples: I see.....Oh.....Mm hmmm.....How about that.....Really?.....Tell me more......Say that again. I want to be sure I understood you....No kidding? That’s interesting.

Kind words bring happy results. Unkind words bring unhappy results.

Talking is a basic building block for communication. Learning to communicate with your child now will have lifelong benefits!

Important messages:
“You are rare. One of a kind. There’s no one else like you.”
“You are worth protecting. You will be in your car seat, you can’t cross the street without holding my hand, and when we are in the store you will have to keep your hand on the cart.”
“You make my tummy tickle I love you so much!”
“Let’s put that awesome picture on the refrigerator.”
“I love you too much to let you throw a temper tantrum.”
“Thank you honey, that helped so much.”
Living on a limited income can be difficult but there are ways to be successful. Write down everything you spend so you know at the end of the month exactly where your money is going. Develop a budget and stick to it. Use a cash envelope system at first, putting the exact amount in envelopes that you intend to spend. Write on each envelope such as: food, gas, light bill, medical, rent. Establish the type of budget that allows you to divide each payment according to your paycheck. An example would be “rent-$400 each payday,” or “gas-$40 each payday,” so that you don’t have to take all of one payment out all at the same time. Maintain a ‘zero’ budgeting system. *(See sample below)*

A popular budgeting person, Dave Ramsey, recommends ‘Baby Steps’ and outlines these in his DVD workshops often hosted at local area churches. Scholarships are sometimes available as the course is generally $99 but well worth the time and investment. His favorite saying is ‘Start living like no one else, so that someday you can live like no one else.” His program is especially helpful for families and even includes a component for children to learn about budgeting, saving and learning about money. His website is www.daveramsey.com. On the website, you can type in your area and it will show where classes are being held.

**Piggybanks and Pennies**
Children can start learning about money as soon as they’re old enough to understand the concept that money gets us what we need and want. You can set a great example by learning how to budget and then including the children in the process. They can have their own budget (some of their allowance is used for savings, some for purchases).


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<tr>
<td>2 paydays per month-$1060 T)</td>
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</tr>
<tr>
<td><em>(take home each payday)</em></td>
<td>$530.00</td>
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<tr>
<td>Savings for emergencies</td>
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<td>Rent</td>
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<td>Non food items (+ your food stamps)</td>
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<td>Equals ‘0’ Zero Balance</td>
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**JOB SEARCH**

*Volunteer*—It’s a great way to introduce yourself to people and perhaps hear about a position at that organization. It provides you with job skills and is a great addition to your resume, which shows community involvement.

*Network*—It’s about who you know! Meet and greet people at luncheons, events, your child’s school, your spouse’s work, a friend’s business, attend a community meeting and get to know people. Sometimes, knowing someone who can tell you about a job opening or put in a good word for you when you apply is invaluable.

*Update your resume*—Design more than one. You may be applying for jobs with different standards or interests. You need to have one ‘general’ resume and one that can be more specific to a particular job that you can edit or change as needed.

*Cover letters*—Yes, you need to write one for every job you apply to and design it to fit that particular position.

Websites:  www.indeed.com                    www.simplyhired.com
             www.craigslist.org                  www.worksourceonline.com

**JOBS FOR KIDS**

Toddlers are eager to help with chores and while their ‘helping’ may not always be truly helpful, we should encourage their excitement and develop a habit of helping around the house.

Preschoolers are beginning to be more independent, and they should be able to manage chores without constant supervision. Rewards or allowances at this age are very motivating and help them to learn about saving money for special things.

Allowances for children teach kids basic budgeting skills that will benefit them as they grow into adults. One method is to pay your child an allowance and then chores are a household expectation unrelated to allowances. This helps children learn that everyone in the house contributes and everyone has a ‘job’ to do to help the family.

Free chore charts:  www.freeprintablebehaviorcharts.com/chore.
What is a Vision Board?
It is a tool used to help clarify, concentrate and maintain focus on a specific life goal or goals. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life.

The point is that we as humans are busy, busy, busy. A vision board helps us:
* identify our vision and give it clarity.
* reinforce our daily affirmations.
* keep our attention on our intentions.

Examples:
I want to take a camping trip: pictures of camping, camping supplies, campground information, map of hiking trails or activities you'll do while there.
I want to have more financial security: pictures of money, paid-in-full sign, piggy bank.
I want a job: pictures of the types of job you would like to do, play money for decorating the board, the business or organization’s logo where you would like to work.
I want to..... It’s up to you! Be creative. Give yourself short-term goals as well as long-term goals.

Most importantly, post your vision board where you see it regularly to remind yourself of your goals. Take positive steps to make your dreams come true.
Things you will need to create a vision board
*A sheet of poster board or a bulletin board. You can even do something small on a sheet of construction paper but you will want something clearly visible.

*A stack of different types of magazines for pictures. The more different, the more options you’ll find to represent your goals and visions (such things as travel, business, gardening, general, parenting).

*glue stick and scissors/.

NSC-EHS Arlington parent, Rufina says that “the North Snohomish County Early Head Start program has brought my family closer and helped us in many ways. Going to the different social events has exposed us to different places to enjoy with the kids. In addition, my Infant Toddler Specialist has helped us develop different abilities with our children and provide resources that we otherwise would not have been aware of due to our language barrier. Thanks NSC EHS program for all of the work you do in helping me be my child’s best teacher”.

~Rufina Mendez, NSC EHS Arlington Parent
Division of Early Learning

WHAT IS EHS?
North Snohomish County Early Head Start (NSC-EHS) is a free early learning program for children birth to 3 years old and pregnant women. NSC-EHS serves families in the following cities and surrounding areas: Arlington, Granite Falls, Marysville and Sultan. We welcome and respect all families.

WHAT SERVICES ARE PROVIDED?
• Child Development:
  ◦ Fun activities to strengthen your baby’s and toddler’s social, emotional, cognitive, language and physical development.
  ◦ One-on-one support with parent-child relationships and parenting education in the comfort of your home.
  ◦ Get together with other families with children.
• Health and developmental screenings
• Family Development
• Community Connections

For enrollment information, please call Ramona at 425.388.6439.

WHAT IS ECEAP?
• The Early Childhood Education and Assistance Program (ECEAP) is a free preschool program for 4 year olds, and 3 year olds as space allows.
• Funded by Washington’s Department of Early Learning.
• Programs throughout Snohomish County and one program in Skagit County.
• We welcome and honor all families.

WHAT SERVICES ARE PROVIDED?
• Educational experiences to support kindergarten readiness.
• Health & Nutrition screenings for children. A well-balanced meal is provided during the school day.
• Family Support including parent education, family activities, and opportunities for involvement in your child’s education and family’s school.

For enrollment information, please call 425.388.7268.

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